

REPORT OF THE ALTON SENIOR CENTER

The Alton Senior Center, sponsored by the Community Action Program Belknap-Merrimack Counties, Inc. is a multipurpose Center that offers a wide variety of programming and services for older adults and their families. These include, but are not limited to, nutrition services, both Community Dining and Meals-on-Wheels, transportation, educational seminars, wellness program and intergenerational activities.

During 2008, multiple successful services and activities were carried out. Ten (10) dedicated volunteers donated over 2,000 hours of time and talent to the Alton Senior Center. In the same year, 4,407 Community Dining meals were served to over 71 Alton residents at the Center. This represents an increase of 28 residents. In addition to the nutrition meals served at the Center, 6,785 Meals-on-Wheels were delivered to 30 area residents. In January 2008 a "Shopper Shuttle" started offering door-to-door services to the shopping centers in the area.

Programming was extremely active this past year. Offerings included Tai Chi, Qigong, watercolor, drawing, Reiki, travel, walking, hiking, kayaking groups and more. Health Care Clinics included monthly blood pressure, foot care and oral cancer screenings. For intergenerational activities, the senior from the Center participated with students from Prospect Mountain High School through a wide array of avenues. They include the computer labs, oral history projects, community service, fundraising events and Victorian Tea Parties.

The Community Action Program Belknap-Merrimack Counties, Inc. received a wellness grant that provided the opportunity for the Center Manager to be trained as a "Matter of Balance" leader. This is an award-winning, 8 week program from Tufts University designed to manage falls and increase activity levels in older adults.

Local businesses, the Eagle Scouts and Joseph Comeau designed and built an area behind the facility that allows for outdoor enjoyment. Businesses included Richy's General Contracting, Aubuchon Hardware, Tire Guys, T&L Concrete and Alton Home and Lumber Center. Please contact us at 875-7102 for information.

Respectfully submitted,
Pam Jolivette, Director, Elder Services
Community Action Program